

# AFMA NEWSLETTER



February 2023

## Time to Live and Love

It is February and you know what that means... hearts and flowers everywhere you turn! Yes, Valentine's Day has passed, and this month is a great reminder to take time to LIVE and LOVE. We, as coordinators, are looked to as friends, mothers/fathers, the doctor (which is strange to me), the enemy, and the "go to" for all things. We do all these things with love in our heart. We cannot do this if we don't take care of ourselves. This, my friend, is when the living starts. You might have to take that extra day off to pamper yourself or to just sit around the house and do nothing. Well, that is what I do. But you must Live. Many people are depending on you. You are not in this fight alone. We are here with you. You don't have to know everything; you just have to know who you can call that can provide you with what you need. We have all been there. We are the extended family that understands what you are going through. So, together we will LIVE AND LOVE!

Thank you all for your support this year. See you in KC ~ Summer J

### February Checklist

#### ACGME Accreditation

- Faculty & Resident Survey
- ACGME Annual Education Conference (Feb or March)
- Get Ready for AAFP RLS & RAD (March 3-5)
- Finalize Rank List

#### UPCOMING WEBINAR

SOAP-It's Not the End of the World

February 20, 2023

[Zoom Link Click Here](#)



The RAD/RLS Committee has been creating a meaningful agenda for 2023, with a special focus on small group interactions. It's not too late to join us for the 2023 Residency Administrative Development (RAD) Workshop! Take this opportunity to reconnect and recharge. The day includes:

- Leading and Learning through Transition
- How to Create a Resume That Reflects Your Leadership (bring a current copy of your resume for real-time editing!)

AND...several hosted table topics, all rolled into an interactive day of learning and reconnecting will be just what each of us needs.

If you have questions, please email Hannah Ponder – [hponder@yumaregional.org](mailto:hponder@yumaregional.org)  
On behalf of the entire RAD/RLS Committee, we appreciate your consideration.

Hannah Ponder & Melissa Keller, Co-Chairs

## Welcome New Members

**Samantha Biggs**

**Nichole Bishop**

**Mary Bradley**

**Lyn Brillantes**

**Cathleen Broeker**

**Addison Brown**

**Connie Christensen**

**Tiffany Colon**

**Talisha Cooper**

**Kayla Daaz**

**Tori Harbick**

**Ashley Heidinger**

**Amanda McGaha**

**Lisa Olberding Shaw**

**Danielle Rhoden**

**Cynthia Ridler**

**Marily Rios**

**Lagena Rupe**

**Suzanne Sciortino**

**Jessica Shearer**

**Regina Singh**

**Mallory Townsend**

**Karla Villasenor**

**Gage White**

**Lindsey Wright**